



Washington Message

NEWS



Editor

~~John H. H. H.~~

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Spokane, Wash.

Assistant Editor

Regina Williams

SPRING TONIC



THE OLD AND THE NEW

Did you know that Herodicus became so famous for his application of Massage to the improvement of health that Plato is said to have accused him of doing an ill service to the State by keeping people alive people who ought to die, because being sickly, they caused more expense than they were worth to the community.

Who was this man Herodicus?

He was the Thracian physician, the teacher of Hippocrates, the father of Greek Medicine. Hippocrates told his college of Greek Physicians that they should never give up Massage, that to do so their profession would lose much of its effectiveness. This happened about 443 years before the birth of Christ. -----

This proves to us that today we are missing something in our health line with 90% of our people ailing.

Patient: This is far more pleasant to take than the old sulfur and molasses Ma used to give me!

missing something in our health line

William Osler, M.D. said, "The modern treatment of disease relies greatly on the so-called natural methods, diet and exercise, bathing and massage: in other words, giving the natural forces the fullest scope by easy and thorough nutrition, increased flow of blood, and the removal in the excretory systems or to circulation in the tissues."

And who was Dr. Osler? He was a world renowned British physician, one of the most famous medical scientists of his age, and universally recognized as such. He knew his medicine. Don't you think it is time for us to find out more about this great science? Why isn't it more widely used today? Who, if our members don't, is going to give of their time in research, and in recording their cases for others to know about? Who has their heart and soul in their work enough to try to be of help others in the field of health? ENOUGH SAID!

M.A. Niedfelt

Thought for today; He that is faithful in that which is least is also faithful in much: and he that is unjust in the least is unjust also in much. Luke 16:10

Convention time is nearing!

We hope to have some advance information for you next month on the State convention to be held in Spokane in JUNE.

Dear Editor:

I received my copy of the January issue of the Washington Massage News, to late to read it and reply in the February issue, to our friends question on how one would go about treating the case of the patient with the painful and swollen lower leg and foot.

I know my reply is to late to be of value in that particular case, as the patient should have recovered or passed on by this time. However, as we have been asked to turn in an article on some technique for publication in our paper, if the censors consider it worth the printers ink I would like to take a chance and give mu proceedure from experience with similar cases in hospital and clinic practice.

The first question in mind would be, what diagnosis? From the vague discription given, I would suspect Phlebitis, or it could be gout, lym-phangitis, nephritis, trauma, of muscle or tendon, sprain of ankle joint, dislocation of some meta-tarsal bone, or pattial fracture of tibia or fi-bula, or an abcess forming from some toxema. The Therapy indicated would depend upon conditions and diagnosis. Having no accurate diagnosis, I would proceed with caution. I would take body temperature and blood pressure. If I found above normal body temperature and blood pressure, I would not steam or massage, or otherwise heat the body or any part of it at this time. I would give colon irrigation, using water temperature at 103° to start with, after cleansing the colon, I would drop water temperature to 97° for two or three minutes. If no irrigation equipment is available then give enema using same technique and follow either one with (suggested) milk of magnesia to cleanse and alkalize upper digestive tract. Put the patient to bed, elavate the swollen leg by supporting with pillows, apply moist heat, hot compcesses wrung out of an epsom salt solution, and keep them warm by use of infra red lamp from ankle or foot to well above knee. This done to dilate veins and capillaries for free circulation. Give plenty of water and fruit juices to drink, and liquid diet. Give alcohol body rub.

When body temperature has become normal, then give body massage with concentrated effleurage from knee to help on affected leg, gradually working down to affected area, with light massage at first, gradually using more pressure as the patient can comfortably stand it. Follow the massage with passive movements of the affected leg, by placing one hand under the knee, the other under the heel, lifting the leg upward to a perpendicular position, if possible, or as high as the patient can stand it, hold for one minute, then lower for two minutes, up again for one minute and down again for two minutes. Repeat until ten ups have been given, each time try to raise the leg a little higher. Repeat this proceedure at regular intervals, from two to four^{times} apart, as the case would indicate. When swelling has reduced and pain has subsided, it may be necessary to apply an ace bandage as an aid to help prevent swelling when patient first begins to walk.

Complete body massage every other day should be continued until complete recovery. All eliminative organs should be kept active. You can't go wrong on this techniqui. It is safe for the patient and the technician. (In the use of remedies that do not require a prescription, even a layman can suggest, not prescribe their use.)

Fraternally, John A. Murray, R.M.

We are glad to note that Oregon is consistently increasing membership. Congratulations Oregon! Be sure to read the Oregon News in this issue as it contains tentative plans for our TRI-STATE MEETING to be held in PORTLAND, OREGON, APRIL 29, 1956. (ED)

ALL THE WATER IN THE WORLD, HOWEVER HARD IT TRIED,
COULD NEVER SINK A SHIP, UNLESS IT GOT INSIDE.
ALL THE EVIL IN THE WORLD, THE SICKNESS AND THE SIN,
COULD NEVER SINK YOUR SOUL'S FAIRCRAFT,
UNLESS YOU LET IT IN!!!

O R E G O N N E W S
(South of the Boarder, -- Down Oregon Way.)

It has been said, "No news is often good news!" In that even I'm wondering if readers of last month's issue of the Washington Massage News missed the Oregon Chapter's monthly quotation? You're so right! We deliberately missed last month's issue for a chain letter that is now in transite somewhere in these parts. Letter had spaces for 14 members to write anything of news or advice he or she saw fit. Chapter furnished the stamps and a complete list of all members in good standing thereof. Each one could choose the next member to receive the letter. Each had the privilege of reading everything that each one had written previously. A three day limit was allotted to each member to get this letter back to yours truly in 45 days. After which said letter will be forwarded to the National Masseuse for the editors persusal. We hope he prints it. Meanwhile, I wonder where our little "doggie" is tonight. I've had no trace of it, even tho it was six foot long!

Meanwhile, we have the pleasure of entering the name of Mary Altman 1501 S.W. Coronado St, Oswego, Ore., as a new member of the Oregon Chapter. You're so very welcome to our Chapter, Mary.

Another matter of much importance is the preparations now being formulated for the coming Tri-State Meeting to be held tentatively in April the 29th at Portland, Ore. Date and Confirmation to be O.K.'d by the Chapter March 4, on our next bi-monthly meeting. A one day stand allows those from out of the state of arriving in Portland on Sat. and be rested and ready for a full days business meeting. Said meet will be in charge of our entertainment Chrmn. Elinore J Crosby, 4606 S.E. 61st St. Portland. With Pres. David Scheid Presiding. Postal cards will be mailed in sufficient time to allow for arrangements and reservations. The meeting held in Lewiston, Idaho, last March was a big success and should be bigger and better attended this year. If you can't attend the National Convention, then by all means you should turn out for the Tri-State. You owe this much of a vacation to yourself. So, everybody plan to take a few days off.

If any one of our members (besides myself) happened to attend the Chiropractors and Osteopathic meeting held Feb 4 & 5 at the Multnomah Hotel under the auspices of certain drug and vitamin mnfrs, you could better understand what Ben Franklin said, "If we don't stand together we're all apt to hang seperately." Space and good judgement prevents me from stating more, other than if we don't get more members, if we don't do more legislation, if we don't back up our nat'l officers, if we don't assert our profession and take a deliberate stand in the field of Massage and allied arts, we'll all wake up some day just a figment of imagination, just taken over by others and relegated to the city dumps.

Guess I've said about everything that could be printable, so had better close and here's hoping Ore. Chapter will soon be "Sewing U".

Fraternally yours, C.A. Tyler
ORGAN CHAPTER

The next meeting of the Seattle Chapter will be held at the SWEDISH CLUB, Eight Street, between Olive and Pine, on March 11, 1956, at 2 P.M. Plan now to be there.
(Wish I could! R.W.)

Dear Members:

Just a line to tell you how much I enjoyed my trip to the coast this month, and how pleased I was to be able to visit with many of you. I want you to know that I gathered much information from the University of Wash., and from the Depts. of Schools and Licenses that will help us

A HEART TO HEART TALK

wherin P.R.CANADAY pours out his heart to

Dear Fellow Members;

Sometimes I wonder if most of us haven't forgotten the real purpose of our organization, as listed in article 2 in our by-laws. It says we should foster the spirit of COOPERATION AND EXCHANGE IDEAS AND TECHNIQUES among its members. Personally I feel this is sadly neglected, if not entirely forgotten. As we go to our conventions we are forced to listen to sales talks and speeches from others who have no thought of our progress as an association. Their only aim is for their publicity, for \$ in their pockets. We sit by hiding our lights under a bushel, then we wonder why some of our members are forced to find other jobs in order to exist. When we arise and let our LIGHT shine on a hill top that cannot be hidden, then we will instill in the weaker vessels selfconfidence and they will know how to talk our profession intelligent to the public and will work with an interest in suffering humanity. I feel there are few who really know the value of PHYSICAL THERAPY and nursing care. In order to achieve success you must know the value of what you have to sell. You must be able to assure your customer that you have what he or she is looking for. Then as you undertake, show them you are really interested in their health and welfare.

Most people are ignorant of the fact that the skin is the thermometer of the body, and that the care of the skin controls largely the circulation of the body. On an average it weighs 17 pounds and if normal holds half of the blood supply, which is about 12½ lbs. There are over 3,000,000 breathing pores on the surface of the body. These pores act as a sewerage system, and much of the body poisons are eliminated thru these pores. In normal conditions one may expect to pour 3 pints of perspiration daily on the surface of the body. The scientist tell us the total length of these cells, if put end to end would be about 30 miles long.

What happens to your home sewer when it becomes plugged? I will leave you to answer. But, I venture to say you do something quick to correct the stagnation!

As these clogged pores are opened, (I'm speaking of rough harsh skin, bulging with filth), three drops of sweat from them, if put on a cat or dogs tongue will kill them in 2 to 3 hours! Now, how can a human carry this poison around and hope to have even a chance at health. This also keeps the body from getting sufficient oxygen, as the skin is the largest breather of oxygen, more so than the lungs. This is why a person with a fifty degree burn hasn't a chance to survive, because they have lost the skin lung and die of oxygen starvation. If half of the breathing pores become plugged or sealed over, then we have the same effect. These pores will push out and appear as goose pimples.

After a few good sweat baths and professional Massages these pimples disappear and the skin becomes normal and health follows, as these treatments reaches the lungs, the stomach, the liver, the kidneys and the heart. IN fact every organ in the body receive a blessing from such a treatment. You need not spend the time diagnosing. Give a complete massage, after a profuse sweat and your business will need no advertising. Your patients will do it for you. Give them the value of your advertising and they will bring the friend, or Mother or Dad in fact all the family. LETS DOVETAIL OUR TALENTS TO THE BLENDING POINT.

AND BOOST MASSAGE

P.R.Canaday

On the Loretta Young Show last night this line caught my attention; IT IS NICE TO BE IMPORTANT, BUT IT IS MORE IMPORTANT TO BE NICE.

Statements expressed by contributors are not necessarily those of the editorial staff.